



NEWS RELEASE

DATE: February 9, 2005

LIFEGUARD TRAINING CLASSES

Are you interested in becoming a certified lifeguard and working at the Carlisle Family Aquatic Center this summer? If so, the American Red Cross has recently published a list of upcoming classes in the greater Des Moines area:

Altoona Campus – April 16-28
Ankeny YMCA – February 26-March 6
Ankeny YMCA – April 9-17
Ankeny YMCA – May 14-22
Drake University – To be announced
Hoover High School – March 21-April 1
Hoover High School – April 4-15
Indianola – March 21-29
Knoxville – March 2-April 7
Lincoln High School – April 4-15
Norwalk - June
Riverfront YMCA – February 19-March 12
Riverfront YMCA – March 21-25
Riverfront YMCA – April 5-28
Urbandale – February 23-26
Urbandale – April 23-May 7
Wesley Woods Camp – May 30-June 3
West Des Moines – February 21-March 16
West Des Moines – February 22-March 17

These classes include the following certifications: Lifeguarding, CPR for the Professional Rescuer, and First Aid. Participants must be 15 years old by the completion of the class; be able to swim 500 yards continuously using the front crawl, side stroke, and breaststroke for a minimum of 100 yards each stroke; surface dive and retrieve a 10 pound object from a minimum depth of 7 feet; be able to tread water for 2 minutes using legs only. Completion of the course includes a physical and written test. Books and materials are supplied for use during class. If you successfully complete the course and are hired by the Carlisle Family Aquatic Center, you will be reimbursed the registration fee (which range from \$75 to \$150). For a complete listing of dates, times, locations and fees, please contact City Hall at 989-3227.